**Team reflection**

It is also important to reflect as a team.

**Team reflection**

Reflective practice plays a critical part in medical education and training and ongoing development. Whereas much reflection is based on individual experiences, work is increasingly carried out in teams. Team reflection should be as integral a part of team development as it is of individual development and potentially more powerful as a mechanism to effect change. Individuals may wish to reflect on their role and contribution to a team, but it is equally important that the team, as a group, reflects on events that are of relevance to pathways, protocols and systems of care delivery. The following model is designed to facilitate team reflection, focusing on the performance of the team, rather than individual members and their contributions.

**Describe the focus of the reflection. What was the objective you set out to achieve? Did you, and the team, achieve this objective?**

**Why did the team achieve/not achieve your objectives? What challenges did you face? How did you overcome these challenges?**

**What has the team learned from this?**

**What changes will you make in the way you work as a team?**

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-TeamReflection-Example1-v2.pdf)